# Level 2 ESOL - Adverbs of frequency

# 1 of 15 – Introduction

Welcome to this session on adverbs of frequency.

This session will cover:

* Common adverbs of frequency
* Using common adverbs of frequency
* Asking questions about frequency

# 2 of 15 – Adverbs of frequency

# We use adverbs of frequency to say how often things happen.

# Remember, adverbs describe verbs. So, adverbs of frequency describe how often the verb action happens.

# **For example:**

I always jump in puddles.

In this sentence, the adverb of frequency ‘always’ is describing how often the verb ‘jump’ happens.

# 3 of 15 – Common adverbs

The most common adverbs of frequency are:

In order from 0% to 100% of frequency, here are some adverbs:

Never, rarely, seldom, occasionally, sometimes, often, usually, normally, a lot, always.

# 4 of 15 – Using adverbs of frequency

The adverb of frequency usually goes before the main verb.

For example:

We **often** go to the cinema on a Friday.

I **sometimes** walk in the park on my lunch break.

I **never** set my alarm on a Sunday.

# 5 of 15 – Personal statement

Here are some examples of using adverbs of frequency:

**‘be’:**

With the verb ‘be’ the adverb of frequency usually goes just after the verb. For example:

He is **always** at home in the evenings.

They are **never** late.

I am **rarely** this excited.

**‘a lot’**

We use the adverb ‘a lot’ to mean often or frequently. It goes at the end of the clause. For example:

He eats pasta **a lot**. I text my friend **a lot**. They go to the theatre **a lot**.

If the sentence uses another time adverb, it goes first. For example:

We go to the cinema **a lot** at the weekend. He usually goes to the gym **a lot** in the week. I do **a lot** of housework on Saturdays.

**‘much’**

We use ‘much’ with a negative to mean ‘not often’. Let’s look at some examples:

1. We don’t go to the opera **much**.

This sentence means the same as ‘We don’t go to the opera often’.

1. She doesn’t cook **much**.

This sentence means the same as ‘She doesn’t cook often’.

# 6 of 15 – Asking questions about frequency

# We use ‘how often’ and ‘ever’ to ‘ask questions about frequency.

‘How often’ comes at the beginning of the sentence. For example:

**How often** do you go on holiday?

**How often** do you go to the dentist?

‘Ever’ comes before the main verb in the sentence. For example:

Do you **ever** go to the gym in the evenings?

Have you **ever** been to London Zoo?

# 7 of 15 – Question 1

# Select the correct word to complete the sentence. I hate olives. I **blank** eat olives.

1. always
2. never
3. usually
4. often

Answer: ‘I **never** eat olives’.

# 8 of 15 – Question 2

Select the correct word to complete the sentence.

She loves listening to music. She **blank** listens to the radio.

1. often
2. rarely
3. seldom
4. never

Answer: ‘She **often** listens to the radio’.

# 9 of 15 – Question 3

# Select the correct word to complete the sentence.

# I love going to the ballet, but it is very expensive. I **blank** go to the ballet as a treat.

1. always
2. occasionally
3. a lot
4. never

Answer: ‘I love going to the ballet, but it is very expensive. I **occasionally** go to the ballet as a treat’.

# 10 of 15 – Question 4

Select the correct word to complete the sentence. How **blank** do you see your sister?

1. sometimes
2. always
3. often
4. a lot

Answer: ‘How **often** do you see your sister?’.

# 11 of 15 – Question 5

Use the words below to make a sentence by putting them in the correct order.

I, go shopping, morning, on Saturday, often

Answer: ‘I often go shopping on Saturday morning. ‘

# 12 of 15 – Question 6

Use the words below to make a sentence by putting them in the correct order.

on time, We, for work, are, always

Answer: ‘We are always on time for work.’

# 13 of 15 – Question 7

# Use the words below to make a sentence by putting them in the correct order.

# in the park, sometimes, a run, I, go for

# Answer: ‘I sometimes go for a run in the park.‘

# 14 of 15 – Question 8

# Use the words below to make a sentence by putting them in the correct order.

# tired, sometimes, I am, work, after

# Answer: ‘I am sometimes tired after work.’

# 15 of 15 – End

# Well done. You have completed this session on adverbs of frequency.

In this session we have covered:

* Common adverbs of frequency
* Using common adverbs of frequency
* Asking questions about frequency

If you have any questions about any of these topics, make a note and ask your tutor for more help.